

# Lifting, Spotting, Supporting, and Transporting Techniques

Intramural supervisors must determine that students have had appropriate instruction in lifting/lowering, spotting, supporting, or transporting techniques prior to introducing an intramural activity involving any of those skills.

If the intramural supervisor determines that the students do not have the appropriate level of skill, that they themselves are not comfortable with students performing these skills, or if the students are not comfortable with their roles, then intramural activities using lifting/lowering, spotting, supporting, or transporting must not be done.

- [Lifting/Lowering Techniques](#)
- [Spotting Techniques](#)
- [Supporting Techniques](#)
- [Transporting Techniques](#)